

CFAS MWR Athletics / Fitness Programs for February, March & April

Hula in the Coola Day 3K Walk/Run

Thursday, 1 February at 1130 at Fleet Fitness Complex Entrance

Groundhog Day 5K Walk/Run

Friday, 2 February at 1130 at Nimitz Park

Mock PRT

Friday, 2 February at 0630 at Nimitz Park

4-on-4 Mini Soccer Tourney

Saturday, 3 February at 0900.

Registration deadline 31 January

Kyushu Cruisers Walking Club

Thursday, 8 February at 1000

Meet at USO Nimitz Park

Pound The Ground 6-on-6 Volleyball Tournament

Sunday, 11 February at 1300 (registration deadline 7 February)

Valentines Day Partner 5K Run

Wednesday, 14 February at 1130 at Nimitz Park

Floor Hockey Tournament

Saturday, 17 February at 0900

Registration deadline 14 February

Presidents Cup Golf Tournament at Mikawachi Golf Course

Monday, 19 February, sign up for tee times (registration deadline 12 February)

“It Takes Two” Doubles Racquetball Tourney: Captain’s Cup

Play begins Tuesday, 20 February at 1730

Registration deadline 14 February

Kyushu Cruisers Walking Club

Thursday, 22 February at 1000

Meet at USO Nimitz Park

Light Night Madness Basketball Tourney

Friday, 23 February at 2000 (registration deadline 20 February)

African-American Heritage Appreciation 3k Walk/Run

Friday 23 February at 1130

Registration for Aquatic Programs

Tuesday, February 27 – Thursday, March 1

0830-1630 at the Fleet Fitness Athletic Office

Group Swim Lessons:

March 6-29 (Tues/Thurs) eight 50-minute sessions / \$40 Fee
1500 (Level 1), 1600 (Level 2) and 1700 (Level 3 & 4)

Private Swim Lessons:

Please call for appointment, one 30-minute session / \$10 Fee

Parent & Child Aquatics:

March 6-22

Mock Physical Readiness Test

Friday, March 2 & Friday, April 6 at 0630 in Nimitz Park

“Operation Financial Fitness” 3k Walk/Run

Friday, March 2 at 1130
Fleet & Family Support Center

Splash-N-Dash (Youth)

Saturday, March 3 at 0900
Fleet Fitness Complex Indoor Pool
Various distances range from 25m-200m swim and 1km-3km running for age groups.

Japanese/American Friendship Sports Tournaments:

Saturday, March 3 at Fleet Fitness Center
Start Time Saturday 0900
Tournaments offered include 4-on-4 Mini Soccer, Volleyball, Dodgeball and Table Tennis.
Team rosters due to the Fleet Fitness Center office by Friday, February 23.

March Madness 5-On-5 Basketball Tourney

Friday - Saturday, March 9-10 at Fleet Fitness Center
Start time Friday 1700, start time Saturday 0900
Team entries due to the Fleet Fitness Center office by March 2.
Double elimination, 5-on-5 Tournament.

March Madness 5k Walk/Run Basketball Challenge

Friday, March 9 at 1130 in Nimitz Park

St. Patrick’s Japanese/American Golf Tournament:

Saturday, March 17, first tee time 0730 at the Tsukumo Golf Course
\$5 fee is required at the time of registration.
Register as early as possible to guarantee a spot, final date for entries is 9 March.
Tournament format 2-person alternate shot (teams will consist of one Japanese & one American).

Family Fitness St. Patrick’s Day Lucky Walk/Run

Saturday, March 17 at 1200 in Nimitz Park
Bring the whole family for these family fitness events.
1.5k, 3k, & 7k distances will be set up for all ages. The runs will begin at various times.

Spring Intramural Softball League

Season Begins: Monday, March 19 in Nimitz Park
Team Entries due to the Fleet Fitness Center office by March 14.
A \$200 forfeit deposit is required at the time of registration.
Mandatory coaches’ meeting on Wednesday, March 14th at 1700 in the Fleet Fitness Center office.

ET Phone Home 5k Walk/Run

Friday, March 23 at 1130 in Nimitz Park

Family Easter Egg Plunge

Saturday, March 24 from 0900 to 1200 at the Fleet Fitness Complex Indoor Pool
Jump into the pool for those floating Easter eggs! Parents may assist any child that can not touch the bottom by entering the pool with them. Age groups will be the following times:
0900 for 0-3yrs, 0930 for 4-6yrs, 1000 for 7-9yrs, 1030 for 10-12yrs, 1100 for 13-18yrs, 1130 for adults

Nagasaki Forest Short & Long Trails

Saturday, March 31 from 0900 to 1300
\$5 Transportation Fee
Departs from Fleet Fitness Complex entrance
Registration deadline: Wednesday, March 21

Registration for Aquatic Programs

Tuesday – Thursday April 3-5
0830 - 1630 at the Fleet Fitness Athletic office

Group Swim Lesson:

April 10-May 3 (Tues/Thurs) eight 50-minute sessions / \$40 Fee
1500 (Level 1), 1600 (Level 2) And 1700 (Level 3 & 4)

Private Swim Lessons:

Please call for appointment, one 30-minute session / \$10 Fee

Parent & Child Aquatics:

April 10-26. Ages 6 - 36 Months

Spring Intramural Basketball League

Season Begins: Tuesday, April 3 at the Fleet Fitness Center

Entries Due: Wednesday, March 28

Mandatory coaches' meeting on Wednesday, March 28 at 1730 in the fleet fitness center office.

A \$200 forfeit deposit is required at the time of registration.

Spring Break Extended Pool Hours

Friday, April 6-13

Fleet Fitness Complex Indoor Pool

0530-0830 Lap Swim

1100-1300 Lap Swim

1300-1900 Open Swim

Eggstravaganza Golf Tournament

Saturday, April 7, first tee time 0730

Tsukumo Golf Course

Entries due at Friday March 30, \$5 Fee at time of registration

The format will be a four-person scramble.

American Red Cross Lifeguard Class

Monday to Thursday, April 9-12, 0900 – 1800, \$40 Fee

Spring Break Splash

Fleet Fitness Complex Indoor Pool

Wednesday, April 11 from 1300 – 1500: Diving For Prizes

Thursday, April 12 from 1300-1500: Belly Flop Contest

Friday, April 13 from 1300-1500: Noodle Races

Eggstravaganza Softball Tournament

Saturday, April 14 at 0900 at Nimitz Park

Entries Due: Friday, April 6

Captain's Cup Team Dodgeball

Monday, April 16 at 1730 at Fleet Fitness Center

Entries Due: Monday April 9 by 5:30pm

Team entries due to the Fleet Fitness Center.

Coaches' meeting will be held in the Fleet Fitness office

Walk Your Pets Day 3k Walk/Run

Wednesday, April 18 at 1130 in Nimitz Park

Family Movie Night at the Indoor Pool

Friday, April 20 from 1900-2100

Fleet Fitness Complex Indoor Pool

Enjoy "Finding Nemo" while floating in the pool. Inner tubes and noodles will be provided.

Late Night Madness 4-on-4 Volleyball

Friday, April 20 at 2100 at Fleet Fitness Center

Entries Due: Friday April 13

Amazing Race

Saturday, April 21 from 0900-1300

Begins at Outdoor Recreation, \$10 Fee Per Team

Earth Day Fun Walk/Run

Sunday, April 22 from 0900-1300

Departs from Fleet Fitness Complex entrance, \$5 Transportation Fee

Entries Due: Wednesday April 18

Captain's Cup Texas Hold'em Card Tourament

Friday, April 27 at 1730 at the Fleet Fitness Center

Entries Due: Friday April 20

Sexual Abuse Awareness 3k Walk/Run

Friday, April 27 at 1130 at the Fleet & Family Support Center

Physical Readiness Challenge

Friday, April 28 at 1130 in Nimitz Park